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**INTEGRATION OF PHYSICAL FITNESS LEARNING MATERIALS IN
JUNIOR AND HIGH SCHOOL BASED ON CURRICULUM 2013 IN
PHYSICAL EDUCATION SPORT AND HEALTH**

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ABSTRACT

Physical education can be assumed into two definitions, namely education through physical activity and education for physical (Wuest & Bucher, 1995). One of physical education learning materials that can accommodate two assumptions are physical fitness education. The goal of physical fitness education learning materials in schools is to provide the knowledge, attitude and good skills on students about physical fitness. Learning programs in junior high school education should have strong links with learning in high school. Similarly, in the physical education learning with educational material physical fitness. Learning material presented in SMP (junior high school) should be the basis for a child in High School level. Physical fitness education materials contained in the curriculum in 2013 at the middle and high school level can be quite varied, but the linkage or continuity of existing programs have not been so visible. This study will try to give an overview of the material integration of physical fitness in middle and high school and focus on the objectives to be achieved. So that the materials developed by teachers at the high school level could correspond to that received by children in the previous level.

Keywords: Integration, physical fitness, curriculum 2013.